

## USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 11411, Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased <sup>a</sup>

Report Date:October 22, 2015 20:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	69.29	--	--	68.65	69.93	--	--	--	1	Analytical or derived from analytical	--	03/2005
Energy	kcal	133	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Energy	kJ	558	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Protein <sup>1</sup>	g	2.19	--	--	1.98	2.41	--	--	--	1	Analytical or derived from analytical	--	03/2005
Total lipid (fat) <sup>1</sup>	g	3.39	--	--	3.31	3.47	--	--	--	1	Analytical or derived from analytical	--	03/2005
Ash <sup>1</sup>	g	1.61	--	--	1.32	1.91	--	--	--	1	Analytical or derived from analytical	--	03/2005
Carbohydrate, by difference	g	23.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary <sup>1</sup>	g	1.9	--	--	1.9	1.9	--	--	--	1	Analytical or derived from analytical	--	03/2005
Sugars, total <sup>1</sup>	g	0.20	--	--	0.15	0.25	--	--	--	1	Analytical or derived from analytical	--	03/2005

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Sucrose <a href="#">1</a>	g	0.10	--	--	0.07	0.12	--	--	--	1	Analytical or derived from analytical	--	03/2005
Glucose (dextrose) <a href="#">1</a>	g	0.10	--	--	0.07	0.13	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fructose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Lactose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Maltose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Galactose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Starch <a href="#">1</a>	g	17.37	--	--	17.33	17.42	--	--	--	1	Analytical or derived from analytical	--	03/2005
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	9	--	--	8	10	--	--	--	1	Analytical or derived from analytical	--	03/2005
Iron, Fe <a href="#">1</a>	mg	0.65	--	--	0.54	0.77	--	--	--	1	Analytical or derived from analytical	--	03/2005
Magnesium, Mg <a href="#">1</a>	mg	21	--	--	21	21	--	--	--	1	Analytical or derived from analytical	--	03/2005

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Phosphorus, P <a href="#">1</a>	mg	78	--	--	70	86	--	--	--	1	Analytical or derived from analytical	--	03/2005
Potassium, K <a href="#">1</a>	mg	400	--	--	390	409	--	--	--	1	Analytical or derived from analytical	--	03/2005
Sodium, Na <a href="#">1</a>	mg	317	--	--	220	414	--	--	--	1	Analytical or derived from analytical	--	03/2005
Zinc, Zn <a href="#">1</a>	mg	0.36	--	--	0.35	0.36	--	--	--	1	Analytical or derived from analytical	--	03/2005
Copper, Cu <a href="#">1</a>	mg	0.092	--	--	0.07	0.11	--	--	--	1	Analytical or derived from analytical	--	03/2005
Manganese, Mn <a href="#">1</a>	mg	0.161	--	--	0.14	0.18	--	--	--	1	Analytical or derived from analytical	--	03/2005
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	18.4	--	--	13	23.8	--	--	--	1	Analytical or derived from analytical	--	03/2005
Thiamin <a href="#">1</a>	mg	0.098	--	--	0.07	0.13	--	--	--	1	Analytical or derived from analytical	--	03/2005
Riboflavin <a href="#">1</a>	mg	0.072	--	--	0.04	0.1	--	--	--	1	Analytical or derived from analytical	--	03/2005

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Niacin <a href="#">1</a>	mg	2.005	--	--	1.88	2.13	--	--	--	1	Analytical or derived from analytical	--	03/2005
Pantothenic acid <a href="#">1</a>	mg	0.473	--	--	0.46	0.48	--	--	--	1	Analytical or derived from analytical	--	03/2005
Vitamin B-6 <a href="#">1</a>	mg	0.168	--	--	0.16	0.18	--	--	--	1	Analytical or derived from analytical	--	03/2005
Folate, total <a href="#">1</a>	μg	38	--	--	37	39	--	--	--	1	Analytical or derived from analytical	--	03/2005
Folate, food	μg	38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Carotene, beta	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Vitamin A, IU	IU	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Lutein + zeaxanthin	μg	12	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.08	--	--	0.05	0.1	--	--	--	1	Analytical or derived from analytical	--	03/2005

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Tocopherol, beta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Tocopherol, gamma <sup>1</sup>	mg	0.15	--	--	0.1	0.21	--	--	--	1	Analytical or derived from analytical	--	03/2005
Tocopherol, delta <sup>1</sup>	mg	0.26	--	--	0.24	0.29	--	--	--	1	Analytical or derived from analytical	--	03/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.8	--	--	1.6	2	--	--	--	1	Analytical or derived from analytical	--	03/2005
<b>Lipids</b>													
Fatty acids, total saturated	g	0.688	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
8:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
10:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
12:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005

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14:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
15:0 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
16:0 <a href="#">1</a>	g	0.357	--	--	0.35	0.36	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:0 <a href="#">1</a>	g	0.004	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:0 <a href="#">1</a>	g	0.301	--	--	0.27	0.34	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:0 <a href="#">1</a>	g	0.013	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:0 <a href="#">1</a>	g	0.013	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total monounsaturated	g	2.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
14:1 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
15:1 <a href="#">1</a>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.011	--	--	0	0.02	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:1 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:1 undifferentiated <sup>1</sup>	g	2.001	--	--	1.99	2.02	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:1 <sup>1</sup>	g	0.013	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total polyunsaturated	g	0.218	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:2 undifferentiated <sup>1</sup>	g	0.201	--	--	0.13	0.27	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:3 undifferentiated <sup>1</sup>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.017	--	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005

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20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:4 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11400	03/2005
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Threonine <sup>1</sup>	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Isoleucine <sup>1</sup>	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Leucine <sup>1</sup>	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Lysine <sup>1</sup>	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Methionine <sup>1</sup>	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

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Cystine <a href="#">1</a>	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Phenylalanine <a href="#">1</a>	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Tyrosine <a href="#">1</a>	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Valine <a href="#">1</a>	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Arginine <a href="#">1</a>	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Histidine <a href="#">1</a>	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Alanine <a href="#">1</a>	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Aspartic acid <a href="#">1</a>	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Glutamic acid <a href="#">1</a>	g	0.390	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Glycine <a href="#">1</a>	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <sup>1</sup>	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Serine <sup>1</sup>	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005

**Sources of Data**<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD**Footnotes**<sup>a</sup> Primarily retail consumer product